

FENZFIT STRENGTH PROGRAMME



WHAKARATONGA IWI

FIRE
EMERGENCY

NEW ZEALAND



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ABOUT THIS DOCUMENT

This strength programme is a basic guide for candidates that are joining our FENZfit programme. It is designed to be used as their main training regime in conjunction to our weekly training sessions. This was put together by current firefighters involved in FENZfit and it gives candidates an idea on what kind of training they should be doing to prepare for the Pre-Entry Physical Test.

There are two programmes included in this guide. The advanced programme is for candidates that have previous experience in weight training and have already built up a moderate training capacity.

The beginners programme is for candidates that are just getting started and need more basic preparation with a lower volume to start with.

Although this guide was designed to use in conjunction with our FENZfit programme it is available to anyone looking to build up fitness and strength for the Pre-Entry Physical Test.

DISCLAIMER

If you have a medical condition that could be made worse by a change in physical activity we recommend consulting your physician or an other health care professional before starting this strength programme. Do not start this training plan if your physician or health care provider advise against it.



INTRODUCTION

CHOOSING THE RIGHT WEIGHT:

If you are new to lifting start light so your body can get used to the program.

If you've done these exercises before, with proper form, start with 50% of your five rep max.

Increase your weight by 2.5kg every workout on each exercise where you successfully completed five reps on each set.

UNDERSTANDING SUPERSETS:

1. Superset: 5 x 5
 - a. Bench Press
 - b. Seated Cable Row

This is a superset pairing. A superset is when you move from one exercise to another exercise without taking a rest in between.

In this case you would perform 5 x Bench Press and then immediately after 5 x Seated Cable Row. This would then be repeated for 5 sets.

ADVANCED PROGRAMME



We recommend having a rest day twice a week while on this programme, especially if this is combined with the FENZfit training sessions.

DAY 1

Warm up:

60 Seconds Cardio (Rowing/Running)
10 x Air Squats
10 x Ground to Overhead (DB or Plate)
10 x Mountain Climbers
3 Rounds

Strength:

Gradually warm up to working weight and then complete required reps - rest 2 mins in between sets

1. Back Squat 5 x 5

2. Romanian Deadlift 5 x 5

3. Push Ups: 1 x set of max reps then complete 3 x sets of 50-60% of the first max rep set

Conditioning:

Choose a conditioning workout from the list at the end of this booklet

DAY 2

Warm up:

60 Seconds Cardio (Rowing/Running)
10 x DB Press
10 x Burpees
10 x Ring Row or Inverted Row
3 Rounds
Finish with 3 x 30-60 seconds plank

Strength:

Warm up to working weight and then complete required reps - rest 90 secs between supersets

1. Superset: 5 x 5
a. Barbell Strict Press
b. Lat Pull Down

2. Superset: 4 x 8
a. Bench Press
b. Seated Cable Row

3. Bicep Curls 3 x 8

DAY 3

Warm up:

60 Seconds Cardio (Rowing/Running)
10 x Air Squats
10 x Ground to Overhead (DB or Plate)
10 x Mountain Climbers
3 Rounds

Strength:

Gradually warm up to working weight and then complete required reps - rest 2 mins in between sets

1. Deadlift 5 x 5

2. Front Squats 5 x 5

3. Push Ups: 1 x set of max reps then complete 3 x sets of 50-60% of the first max rep set

Conditioning:

Choose a conditioning workout from the list at the end of this booklet

DAY 4

Warm up:

60 Seconds Cardio (Rowing/Running)
10 x DB Press
10 x Burpees
10 x Ring Row or Inverted Row
3 Rounds
Finish with 3 x 30-60 seconds plank

Strength:

Warm up to working weight and then complete required reps - rest 90 secs between supersets

1. Superset: 5 x 5
a. Bench Press
b. Seated Cable Row

2. Superset: 4 x 8
a. Barbell Strict Press
b. Lat Pull Down

3. Bicep Curls 3 x 8



BEGINNERS PROGRAMME

We recommend a rest day in between each day to ensure the body has time to recover.

DAY 1

Warm up:

60 Seconds Cardio (Rowing/Running)
10 x DB Press
10 x Burpees
10 x Ring Row or Inverted Row
30-60 seconds plank
3 Rounds

Strength:

Warm up to working weight and then complete required reps - rest 90 secs between sets

- | | |
|-------------------------|--------|
| 1. Barbell Strict Press | 3 x 10 |
| 2. Lat Pull Down | 3 x 10 |
| 3. Seated Cable Row | 3 x 10 |
| 3. Bicep Curls | 3 x 10 |

DAY 2

Warm up:

60 Seconds Cardio (Rowing/Running)
10 x Air Squats
10 x Ground to Overhead (DB or Plate)
10 x Mountain Climbers
3 Rounds

Strength:

Gradually warm up to working weight and then complete required reps - rest 2 mins in between sets

- | | |
|---|--------|
| 1. Back Squat | 3 x 10 |
| 2. Deadlift | 3 x 10 |
| 3. Push Ups: 1 x set of max reps | |
| then complete 3 x sets of 50-60% of the first set | |

DAY 3

Warm up:

60 Seconds Cardio (Rowing/Running)
10 x DB Press
10 x Burpees
10 x Ring Row or Inverted Row
30-60 seconds plank
3 Rounds

Strength:

Warm up to working weight and then complete required reps - rest 90 secs between sets

- | | |
|---------------------|--------|
| 1. Bench Press | 3 x 10 |
| 2. Lat Pull Down | 3 x 10 |
| 3. Seated Cable Row | 3 x 10 |
| 4. Bicep Curls | 3 x 10 |

CONDITIONING WORKOUTS

On this page we have created some conditioning workouts that candidates can add to their strength training programme to maintain aerobic and anaerobic conditioning.



12 X WEIGHTED LUNGES
20 X DB BOX STEP OVERS
12 X GOBLET SQUATS
20 X KB SWINGS
FOR TIME

REST 2 MINS

THEN REPEAT

***AIM TO BEAT FIRST TIME**

EMOM X 9 MINS

MIN 1. MAX CALORIES
ROWER
MIN 2. MAX BURPEES
MIN 3. REST

***YOUR SCORE IS TOTAL**
CALORIES AND BURPEES
COMPLETED

3 ROUNDS FOR TIME:

21 X KB SWINGS
14 X KB LUNGES
9 X KB ALTERNATING
SNATCHES

***CHALLENGE: DO ALL 3**
ROUNDS WITHOUT
PUTTING THE KB DOWN

TERMINOLOGY:

DB: Dumbbell

KB: Kettlebell

For time: Complete all exercises as quick as possible

AMRAP: As many reps or rounds as possible

EMOM: Every minute on the minute do prescribed exercises

Disclaimer:

These workouts are optional and should only be done if the candidate is comfortable and familiar with the exercises.

5 ROUNDS
FOR TIME:

200M ROW
15 X GOBLET SQUAT
15 X KB SWINGS
15 X BURPEES

EMOM X 12 MINS

MIN 1. 200M ROW
MIN 2. 5 X FRONT
SQUATS

8 MIN AMRAP

200M RUN / ROW
8 X DB THRUSTERS
8 X BURPEES
8 BOX JUMPS

15 MIN AMRAP

15 X AIR SQUATS
15 X KB SWINGS
15 X SIT UPS
15 X BURPEES
15 X PUSH UPS

FOR TIME:

50 X LUNGES
25 X BURPEES
25 X AIR SQUATS
25 X BURPEES
25 X AIR SQUATS
50 LUNGES